

September 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED LABOR DAY	3 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free!	4 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	5 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	6 8:15 Balletics  10:30 Yoga 1:00 Watercolor	7
8	9 10:30 Yoga 10:30 Parkinson's Support Group Lobster Picnic at Menemsha Galley 12:00-2:00 Please RSVP space Is limited	10 8:30 & 9:30 Strength Training Blood Pressure Screening 10:30-11:30 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free!	11 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic 508-477-0267	12 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 	13 NO BALLETTICS 10:30 Yoga 1:00 Watercolor	14
15	16 10:30 Yoga 1:00 Estate Planning Call to sign up	17 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 1:30 Mah Jong 3:00 Dance Free!	18 7:30am Falmouth Shopping Trip Call to sign up 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	19 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	20 8:15 Balletics 10:30 Yoga 1:00 Watercolor	21
22	23 10:30 Yoga 12:00 Reverse Mortgage 101 Call to sign Pedicare Clinic 10:30-11:30 Fall Prevention	24 8:30 & 9:30 Strength Training 9:30 Discussion 11:15-1:15 Writers Group 12:00 Disaster Preparedness Presentation and lunch. Please RSVP 1:30 Mah Jong 3:00 Dance Free!	25 NO BALLETTICS 10:30 Yoga 1:00 Mah Jong 2:00 Origami	26 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	27 NO BALLETTICS 10:30 Yoga 1:00 Watercolor 	28
	30 10:30 Yoga 			Office Hours: Monday – Friday 8:30am-4:00pm Closed Holidays 508-693-2896 **Please be aware that while most of our classes and programs are free, there may be a minimal charge for a specialty class...Yoga /\$10, Balletics/ \$12, Qi Gong/\$12, Strength Training/\$8** Prices subject to change without notice		

Ongoing Services:

- Outreach
- Fuel Assistance
- SNAP (formerly known as Food Stamps)
- Government Surplus Food Distribution
- Notary Services
- Lifeline and Be Safer At Home
- Durable Medical Equipment
- Telephone Reassurance Calls
- File of Life
- SHINE (insurance specialist)

Upcoming Events: Call 508-693-2896 for additional information and to sign up for the following events.

Notice: Please Note that Mah Jong is now Tuesday Wednesday Thursday 1:00.

Falmouth Shopping Trip Wednesday September 18, 2019

Call to sign up

Origami- select Wednesdays 2:00pm

Back by popular demand! We will be doing a pop-up origami club on select Wednesdays in the upcoming months. This is a self-lead class, come enjoy crafting, conversations and company. Origami paper provided. Our next date will be *Wednesday July 31*. stayed tuned for future dates!

Annual Lobster Picnic- September 9th

Call now, or stop by the front desk to reserve your space for our Annual Lobster Picnic at the Galley in Menemsha! **Please RSVP as soon as possible, Space is limited 508-693-2896**

Estate Planning

With Attorneys from the Law Office Of Patricia Mello

Monday September 16, 2019

1:00

This Presentation will cover 2 topics: **Estate and Medicaid Planning and Trust Basics**

Please call to sign up

Reverse Mortgages:101-Monday September 23, 12pm

Presented and Sponsored by South Coastal Counties Legal Services, Inc. and The Friends of the Up Island Council on Aging. Join us for an informational talk with the lawyer from South Coastal Counties Legal Services, Inc. about Reverse Mortgages. Learn what they are and have any questions answered by qualified professional. Please RSVP to 508-693-2896

"COME FROM AWAY" At Providence Performing Arts Center. Saturday December 7, 2019 Round trip motor-coach and buffet luncheon included. Price TBD